

Medicinal plants used in 'Ushr al-Tamth



Shibbat (*Anethum sowa* Roxb.
ex Flem.)



Aftimün (*Cuscuta reflexa* Linn.)



Karafs (*Apium graveolens* Linn.)



Sudāb (*Ruta graveolens* Linn.)



Bābūna (*Matricaria chamomilla* Linn.)

Prevention and Control of Dysmenorrhoea (‘Ushr al-Tamth) ...through Unani Medicine



For further Information, please contact

Director General

CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Ministry of AYUSH, Government of India

61-65, Institutional Area, Janakpuri, New Delhi - 110058

Telephone: +91-11-28521981, 28520501, 28525831/52/62/83/97

Fax: +91-11-28522965

Email: unanimedicine@gmail.com

Website: www.ccrum.net

First Published: April 2016 • 30,000 Copies



CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

What is 'Usr al-Ṭamth?

'Usr al-Ṭamth (Dysmenorrhoea) is painful menstruation which can occur before and during periods.

Asbāb (Causes)

- Anaemia
- Stress
- Alcoholism
- Menarche before 11 years
- Abnormal growth in uterus
- Thickening of blood
- Smoking
- Overweight
- Use of contraceptives
- Infections in uterus

'Alāmāt (Symptoms)

- Pain
- Scanty menstrual discharge
- Passage of clots
- Diseases like nausea, diarrhoea, vomiting, fatigue, fever, headache and light-headedness



Taḥaffuz (Prevention)

- Adopt healthy lifestyle
- Avoid –
 - ❖ Stress
 - ❖ Excessive exercises
 - ❖ Obesity
 - ❖ Excessive chilies
 - ❖ Alcohol
 - ❖ Smoking



'Ilāj (Treatment)

'Ilāj bi'l-Ghidhā' (Dieto-therapy)

- Include the following in diet –
 - ❖ Beet root, carrot, cucumber and tomato
 - ❖ Jaggery

- ❖ Low-fat foods
- ❖ Turmeric and other spices

'Ilāj bi'l-Dawā' (Pharmacotherapy)

• Single drugs

- ❖ Shibbat (*Anethum sowa* Roxb. ex Flem.)
- ❖ Sudāb (*Ruta graveolens* Linn.)
- ❖ Bābūna (*Matricaria chamomilla* Linn.)
- ❖ Nākhānah (*Trachyspermum ammi* Linn.)
- ❖ Karaḥs (*Apium graveolens* Linn.)
- ❖ Bādiyān (*Foeniculum vulgare* Mill.)
- ❖ Abhal (*Juniperus communis* Linn.)
- ❖ Aftīmūn (*Cuscuta reflexa* Linn.)
- ❖ Sīr (*Allium sativum* Linn.)

• Compound drugs

- ❖ Ḥabb- i Mudir
- ❖ Safūf Mudir-i Ḥayḍ
- ❖ Sharbat Fawlād
- ❖ Safūf Muhazzil
- ❖ Sharbat Afsantīn

'Ilāj bi'l-Tadabīr (Regimenal Therapy)

- Rest
- Hot fomentation of abdomen
- Warm bath
- Massage of abdomen
- Mild exercises like stretching and walking
- Meditation
- Hijāmah (cupping) on calf muscles



Note: Consult a registered Unani physician before using recommended drugs.